





Please Stand By

You will hear silence until the
presentation begins

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- * The HIV/STD/TB/Hepatitis Program, Division of Disease Control, conducts Lunch and Learn Webinars for health-care professionals in North Dakota.
 - * Each month a new topic will be held from 12:00 p.m. to 1:00 p.m. CST on the fourth Wednesday of the month.
 - *
 - * Next month's L&L : July 22nd, 2015
 - * Register: <http://www.ndhealth.gov/HIV/events.htm>



Please complete the post-test to receive CEU's for this presentation. You must score at least 70% to receive credit.

This presentation will be archived and available for review on:

www.ndhealth.gov/HIV/Resources/resources.htm

For questions or comments contact:

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Behavioral Interventions for HIV/STD/Hepatitis Prevention

Presented by Mary Ann Bolkovatz
MS, RN, CNS

Objectives:

- * Discuss data on mental health/substance abuse in North Dakota
- * Describe the impact of mental health and substance abuse on person's risk behavior
- * Describe effective screening methods for mental health and substance abuse
- * Describe effective behavioral interventions for preventing HIV, STDs and viral hepatitis
- * Describe resources available for mental health and substance abuse

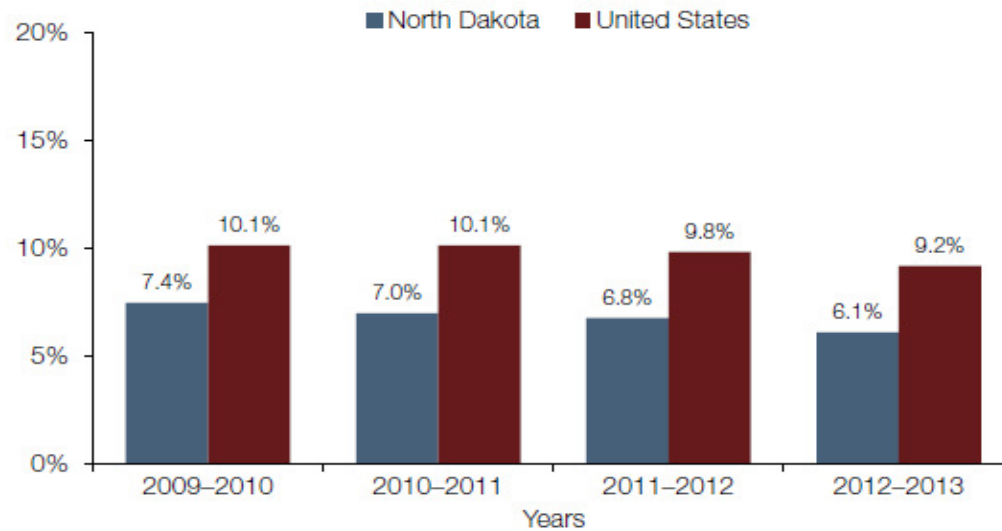


YOUTH SUBSTANCE USE ILLCIT DRUG USE



Past-Month Illicit Drug Use Among Adolescents Aged 12–17 in North Dakota and the United States (2009–2013)¹

North Dakota's percentage of illicit drug use among adolescents was lower than the national percentage in 2012–2013.



In North Dakota, about 3,000 adolescents (5.9% of all adolescents) per year in 2009–2013* reported using illicit drugs within the month prior to being surveyed.

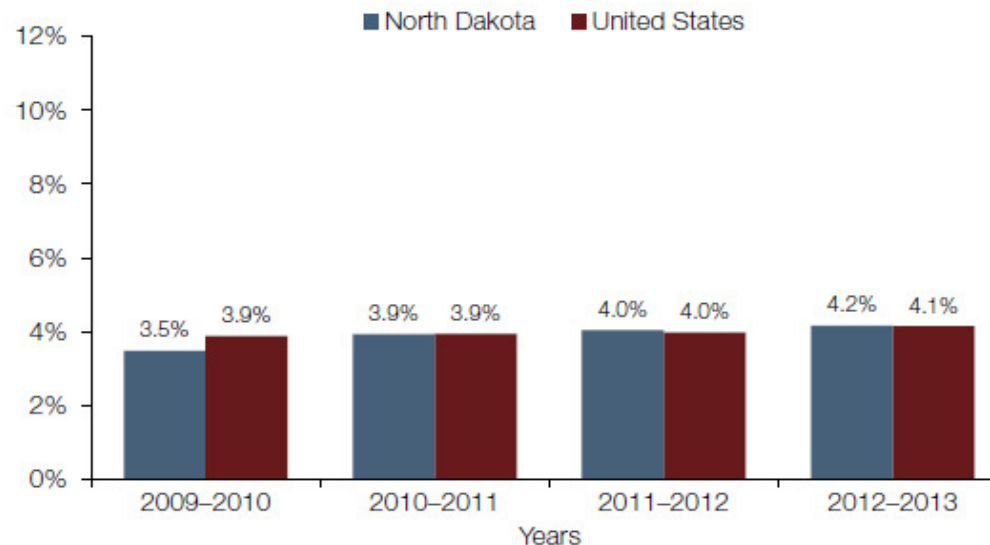
MENTAL HEALTH AND TREATMENT

SERIOUS MENTAL ILLNESS



Past-Year Serious Mental Illness (SMI) Among Adults Aged 18 or Older in North Dakota and the United States (2009–2013)^{1,5}

North Dakota's percentage of SMI among adults was similar to the national percentage in 2012–2013.



In North Dakota, about 16,000 adults (3.0% of all adults) per year in 2009–2013* had SMI within the year prior to being surveyed.

Adolescents and Risk

- * Risk factors for adolescents are described at www.youth.gov
- * Some basic factors for youth: early aggressive behavior, lack of parental supervision, academic problems, undiagnosed mental health issues, peer substance use, drug availability, poverty, peer rejection, child abuse or neglect

Risk Factors for Adults

- * Alcohol issues: moderate alcohol consumption, binge drinking
- * Drug use: more than 90% of people with addiction began use before age 18
- * Family history
- * Behaviors and characteristics such as: impulsiveness, poor judgement, grandiosity, hyper sexuality, loneliness, drug or alcohol use/abuse.
- * Other factors: exchanging sex for drugs or money, sharing needles, history of abuse, poverty

Screening for Mental Health and Substance Use Issues

- * Start with a relationship with the client
- * Standardized screening tools-HRSA/SAMSHA website, NIH National Institute on Drug Abuse chart
- * Interview the client-just ask!
- * Don't make assumptions

Effective Behavioral Interventions for Prevention

- * There's an app for that!
- * The CDC HIP project which has 84 HIV risk reduction evidence based behavioral interventions, 10 HIV medication adherence evidence based behavioral interventions and 9 best practices for promoting linkage and retention in HIV care.
 - * <http://www.cdc.gov/hiv/prevention/research/compendium/rr/complete.html>
 - * Relationships matter

A Brief Word About the Nervous System

- * The basic parts of the nervous system: the parasympathetic, sympathetic and social nervous systems
- * Why it matters

Resources

- * CDC website www.cdc.gov
- * SAMHSA-has a current on line training for “addressing serious mental illness: effective prevention, treatment and recovery strategies” website www.samhsa.gov
- * Ryan White Care Act website hab.hrsa.gov
- * NIH www.nih.gov
- * Know your local resources and develop relationships with helpful programs-network website www.nd.gov, www.hand.org
- * Adolescent issues: www.youth.gov